



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XIV Issue XII

COMMUNITY EDITION

December 2013

Winter Weather Checklist

Winter weather is here. Make sure you are prepared.

- Know what winter storm warning terms mean:
Winter Weather Advisory: Expect winter weather conditions to cause inconvenience and hazards.
Frost/Freeze Warning: Expect below-freezing temperatures.
Winter Storm Watch: Be alert; a storm is likely.
Winter Storm Warning: Take action; the storm is in or entering the area.
Blizzard Warning: Seek shelter now! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.
- Have at least one of the following in case there is a power failure:
Battery-powered radio and extra batteries.
National Oceanic and Atmospheric Administration (NOAA) weather radio

Have extra food and supplies on hand including:

Drinking water
Canned/no-cook food (bread, crackers, dried fruits)
Non-electric can opener
Baby food and formula if needed
Prescription drugs and other medicine
First-aid kit

In an emergency—if no other water is available—snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

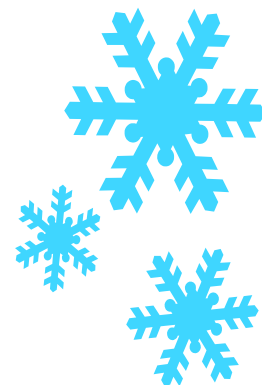
Cooking and Lighting

Never use charcoal grills or portable gas camp stove indoors—the fumes are deadly.
Use battery-powered flashlights or lanterns.
Avoid using candles, if used never leave lit candles alone.

Don't Forget Your Car

Some helpful items to keep in your car include cell phone and charger, flashlight (and extra batteries), water, snack food, extra hats, coats, mittens, blankets, road salt and sand, booster cables. If you must travel during bad weather, let a friend or relative know your plans.

Source: Centers for Disease Control and Prevention www.emergency.cdc.gov/disasters/winter



*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

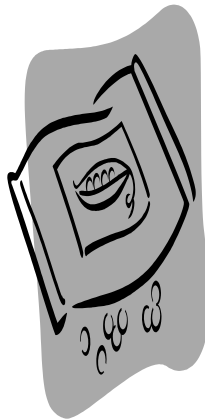
Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Fresh, Frozen or Canned?

Are fresh fruits and vegetables better than frozen or canned? Not necessarily.

- **Eat fresh produce right away.** The less time spent traveling from the field or garden to your plate, the more nutritious the produce. The longer the time between harvesting and eating, the more nutrients that are lost.
- **Frozen and canned are nutritious.** Frozen and canned fruits and vegetables are usually processed immediately after they are harvested, resulting in little or no loss in nutrient value.
- **Canned fruits and vegetables may contain added sugar and salt.** Sodium and sugar can be limited by choosing no-salt vegetable or fruits packed in 100% juice. Rinsing vegetables and fruits with water can eliminate 40% of salt and/or sugar.
- **Keep cooking to a minimum.** Generally, it is best to steam (or microwave) veggies for a short time. Use lower temperatures and cook with small amounts of water to retain their nutrient content.
- **Cost varies.** Compare prices between fresh, frozen and canned. Be aware of sales and what's in season to get the best prices.



The bottom line is—purchase a combination of fresh, frozen, and canned fruits and vegetables to ensure that you have produce readily available.

For more information on healthy eating go to <http://fyi.uwex.edu/foodsense/> or contact the UW-Extension's Nutrition Education Program at 723-2125.



WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jan 2nd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 8th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jan 14th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jan 15th—Late Boscobel Tuffley Center from 2:00pm to 7:00pm

Jan 16th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 21st—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jan 22nd—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Jan 23rd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 28th—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Office Closed

The Health Dept
will be closed on
December 24th & 25th
and January 1st for
the holidays!

Affordable Care Act Help

Juliette Howard, from Cognosante will be at the following WIC clinics in January to assist with questions, help enroll, and provide information regarding the Affordable Health Care Act for WIC participants.

PLATTEVILLE—She will be in Platteville at Lutheran Church of Peace from 9:00am to 3:30pm on Thursday January 2 and Thursday January 23.

BOSCOBEL—She will be in Boscobel on Tuesday, January 14 from 9:30am to 3:30pm at United Methodist Church.

<https://www.healthcare.gov/>

Other Grant County Health Care Fairs

Platteville OE Gray Early Learning Center - 110 West Adams St **Use the North Court Street entrance
Monday, Jan 6th, 2014 from 9:00am– 3:00pm

Fennimore Southwest Technical College
1800 Bronson Blvd. Bldg 200, Rooms 212, 216, & 218
Tuesday, Jan 7th, 2014 from 1:00pm–7:00pm

Weather Cancellations

If the weather or road conditions are bad, the Grant County Health Department may decide to cancel immunization, WIC or other clinics.

One way to find out is to listen to the radio. The local stations used by the Health Department are:

WGLR 97.7 FM or 1280 AM
WPVL 107.1 FM or 1590 AM
WRCO 100.9 FM

In general, we will cancel a WIC clinic if the school in that town cancels school for the day. We will have the clinic if school is delayed. If in doubt, you can call the Grant County Health Department at 723-6416.

What are noro-viruses?

Noroviruses are a group of viruses that can cause upset stomach, throwing up, diarrhea, and stomach pain. Sometimes people also have a fever, chills, headache, body aches, and tiredness. The illness often begins suddenly, and the infected person may feel very sick. Most people with norovirus illness get better within 1 to 3 days.

People sometimes call norovirus the stomach flu. This "stomach flu" is **not** related to the flu (or influenza), which is a respiratory illness caused by influenza virus.

How do people become infected with noroviruses?

Noroviruses are found in the stool or vomit of infected people. People can become infected by eating food or drinking liquids that are contaminated with norovirus, touching surfaces or objects contaminated with norovirus or having direct contact with another person who is infected.

People infected with norovirus may be contagious before they begin feeling sick to at least 3 days after feeling well. Some people may be contagious for as long as 2 weeks after recovery. So, it is very important for people to use good hand washing at all times, but especially while ill and after recovering from norovirus illness.

You can decrease your chance of becoming ill by:

- Washing your hands, especially after toilet visits, changing diapers and before eating or preparing food.
- Wash fruits and vegetables before eating
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces). Use hot water and soap then machine dry.

You should not prepare food for others or provide healthcare while you are sick and for at least 3 days after feeling better.

Protect Your Family from Carbon Monoxide Poisoning

With colder temperatures on the way the Grant County Health Department is reminding everyone to take steps to protect against carbon monoxide poisoning.

Carbon monoxide is a colorless, odorless gas produced when fuels such as gasoline, kerosene, wood, coal, oil, natural gas and charcoal do not have enough oxygen to burn completely. Common sources of carbon monoxide include furnaces, gas or kerosene space heaters, gas cooking stoves, water heaters, fireplaces, charcoal grills, wood stoves, power generators, camp stoves, and motor vehicles. Symptoms of exposure to carbon monoxide are headache, tiredness, dizziness, shortness of breath, nausea and mental confusion. Continued exposure may lead to more serious health problems, including death.

Carbon monoxide detectors can be purchased at most hardware stores and should be placed on each floor of the home, with at least one placed near the bedrooms. Take a portable, battery-powered detector on your next outdoor trip. If your carbon monoxide detector alert goes off and your family members exhibit symptoms, get fresh air immediately and call 911. Do not re-enter the building until it has been inspected and declared safe.

Some other tips to prevent carbon monoxide poisoning include:

- Never use a gas oven to heat your home.

- Check that your furnace or water heater is properly vented.

- Have your chimney inspected before you use it.

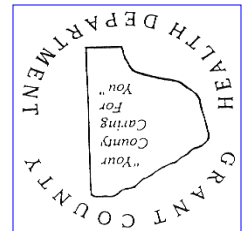
- Never allow an engine to run in an enclosed space, such as a garage. This includes cars, snowmobiles, motorcycles, space heaters and any gasoline powered engine.

- Never ride inside a camper or trailer that is being towed by another vehicle.

- Never burn charcoal inside homes, tents, campers, vans, trucks, garages or mobile homes.

- Have your home heating system, water heater inspected regularly

For more information on carbon monoxide, visit the Wisconsin Department of Health and Family Services website at <http://dhfs.wisconsin.gov/eh/Air/fs/CO.htm>



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